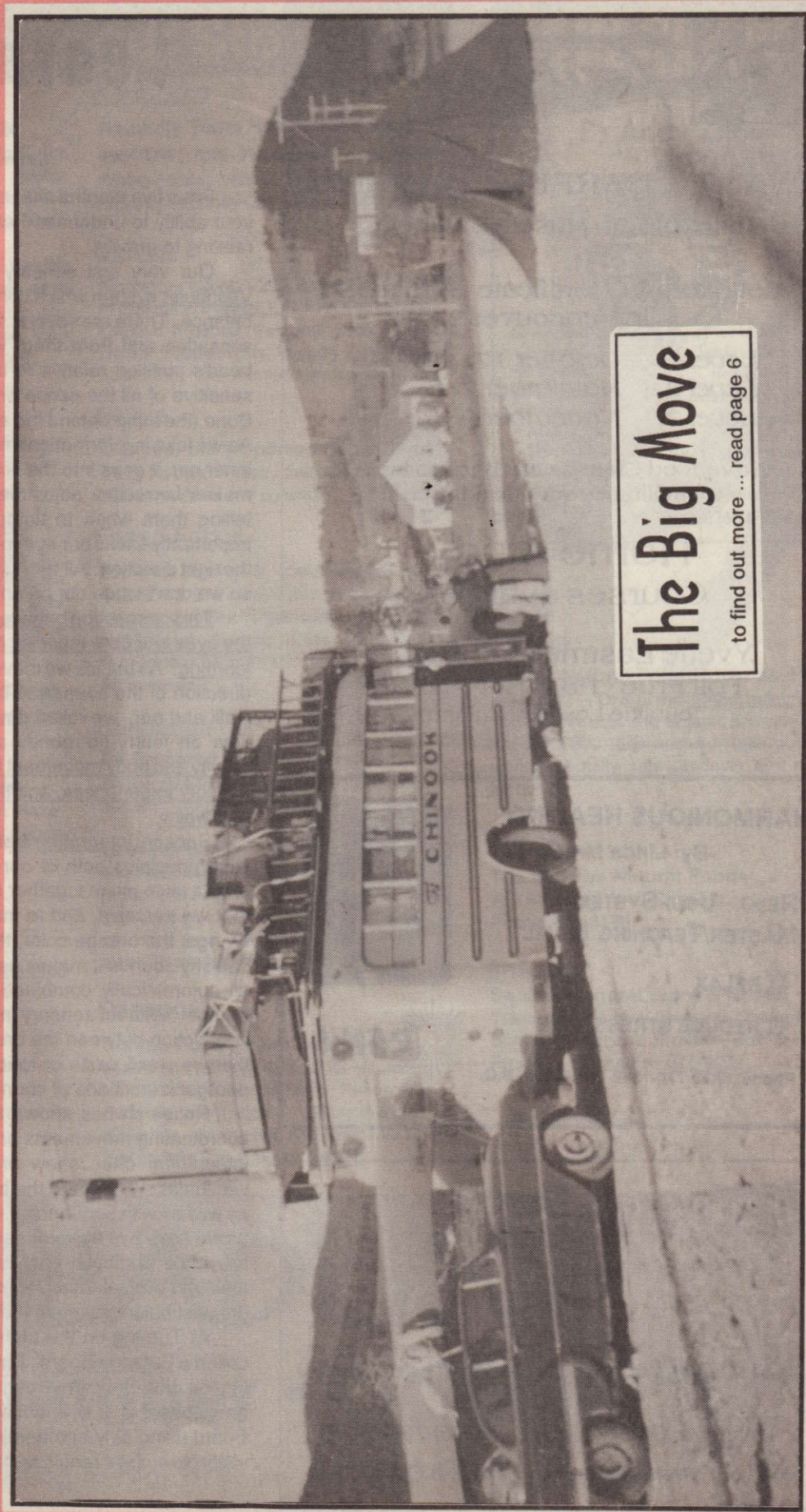


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October 1997



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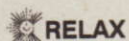
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Learning and

by Beverly Hunter

From five months after conception to the moment you die, your ability to understand and learn is linked to how you are relating to gravity.

Our very first sensory system to fully develop is the Vestibular system which controls the sense of movement and balance. There are several small organs involved in vestibular sensation and from them we gather information about the head's position relative to the ground. These are the most sensitive of all the sense organs and they lie in the Mastoid Bone (the lump behind the ear lobe) and part of the inner ear. As we take in information through these specific organs in the inner ear, it goes into the brain. Then the brain monitors and makes corrective adjustments to our different muscles by telling them when to tighten and when to relax and very importantly it tells our eye muscles how to move so we look in the right direction. All this happens instantly and automatically so we don't lose our balance or equilibrium.

This connection between the vestibular system, the brain, the eyes and core muscles is very important to the process of learning. As babies we moved our limbs, head and eyes in the direction of the sounds. Then we would reach, grab, crawl, walk and run; we rolled down hills and spent long periods of time on merry-go-rounds and swings. The sensations of gravity and body movement form a basic reference for all of our sensory experiences, and this is reflected in our neurological pathways.

Sensory Integration is one of the most fundamental organizing principles both of our experience and of our brain. It allows us to piece together all the different bits of information that we perceive, and to make sense of it. The smell of an orange, the orange color, the rough feel of orange peel, the squishy sounds it makes as we peel it and the taste of it, are all automatically combined into our experience of a single orange. Without sensory integration, we might not make the connection between the orange that we see and the orange that we smell, taste or touch. Our experience would be an unorganized chaos of countless separate sensations.

Research has shown that children who had difficulties coordinating movements on both sides of the body (bilateral integration) often show problems with integration of their vestibular system and the body's internal sensory receptors, as well as with sequencing. Balance is a bilateral sense - just as we have two eyes for seeing and two ears for hearing, we have two vestibular organs for sensing gravity. In order to maintain our balance, we need to coordinate input from both the vestibular organs at the same time.

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Gravity



of the body are enhanced when practiced on the board. Various balance board activities are used to develop rhythm, sequencing, motor coordination, visual and auditory processing. They can release emotional stress and trauma, and create shifts in behaviour that enhance self-esteem.

I'd like to share a story about my older son who is a natural athlete. His sense of balance and coordination is unbelievable. We asked him to stand on the board perfectly still with his eyes open for one minute. This he did this without any problems. Then we asked him to stand with his eyes closed; very much to our surprise, he fell off within ten seconds. He worked on various balance board activities including eyes-closed exercise and quickly added this unknown skill to his repertoire. The most wonderful, intriguing outcome of this new skill was that he learned to fall asleep at night! Ever since babyhood he had trouble falling asleep. I can remember lying down with him and I would peek my eye open to see if he was asleep. His eyes were wide open! I would tell him to just close his eyes and he would fall asleep. His reply: "I do, Mom! But they keep popping open." Since the balance board exercises he is asleep within a few minutes. The problem had been that this child did not have a sense of where he was and did not feel safe with his eyes closed.

Balance Board training is built on the principle of adaptive learning. It starts with the challenge of balancing on an unstable surface; if you don't balance, you fall off. As each level of challenge is mastered, more activities are added: visually tracking a pendulum ball, passing a stick behind the back, throwing and catching two koosh balls with both hands. Visual challenges lead to visual brain organization. Movement challenges lead to motor brain organization. Bilateral challenges lead to better bilateral brain organization. A session of activities on the Balance Board leaves the brain in a more organized state. The balance board can be used for learning any new skill, from studying a new language to learning timetables. Studying while standing on the balance board increases the coordination of both sides of the brain to work together with processing, filing and storing. The more senses that are added to the learning process the more the brain is used. I personally use it when I am reading new material because I learn it faster and retain it longer. If someone in the family is stuck in a bad mood the balance board helps to balance out their feelings.

How are you relating to gravity? Are you connecting with it? Fighting it? Working with gravity and using it to our advantage in learning situations is a gift. Which leads to a sense of balance and integration. The more integrated we become, the more we connect with our true nature and feel that inner direction.

Learning and Gravity! What a wonderful discovery!

Bibliography:

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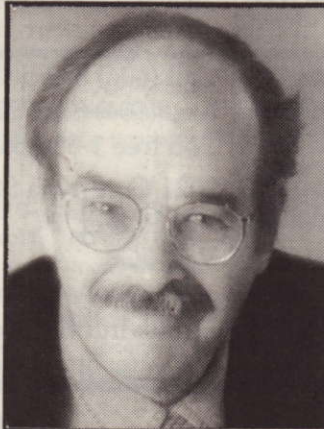
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Sacred Dreaming

by Mariah Faye Milligan

Many of us yearn for a wise, compassionate teacher to guide us on our spiritual path. How comforting it would be to relate to a teacher who knows everything about us. An infinitely knowledgeable and wise teacher who can see into our past lives, know our full present and view our future. A wise elder who can focus such a vast perspective into a unique, tailor-made training program for our own personal development. Furthermore the training program itself is designed to be entertaining, embracing both comedy and tragedy and full of surprises, puns, jokes and humor.

Everyone has such a magical teacher available to them as Merlin was available to Arthur in Camelot, as Isis was available to the Pharaohs in ancient Egypt or Don Juan was available to Carlos Castaneda. We just need to know where to look. Although there are many excellent teachers available in our everyday world, we often neglect to look inside ourselves, into the inner world of our nightly dreams. Our dreams as our teachers will often patiently answer our questions and respond to our unarticulated needs with unbiased truth and infinite kindness. Many times they challenge us to rise to our fullest potential.

Sometimes we are given special gifts as we are taught to shapeshift into a variety of animals, plants and other beings. We may be given the opportunity to communicate with deceased loved ones and complete unfinished business. Frequently, we astral travel as evidenced by flying dreams and are safely guided by a sure hand through different worlds or otherworldly dimensions. There we meet and commune with angels, extraterrestrials, spiritual guides or contemporary religious figures. We may retrieve from these sources priceless information concerning our lives, health, relationships and vocation.

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on magical flights. Once we learn to decipher our personal dream symbols, a vast rich inner world opens up to us and greatly enhances both our worldly and spiritual journeys. Then we realize that dreams are truly a window to our souls.

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'The Big Move'

The year is 1959, the location is northern Alberta, a pit stop just before we pick up Grandad. I am seven years old and my family is moving from Alpena, Michigan to Rosswood, a small settlement in northern BC. This month's picture shows us fully loaded, including Mother's piano. The water tank shown on the cover of the July/August issue is at the front of the bus behind the mattress springs.

Mom had made money selling some land and with the profits, she bought an old school bus, called it Chinook, and, like the wind, she decided to move. The decision to move took several years, but Canada offered land at two dollars an acre and the hunting and fishing were extra good. I remember the move as being fun, and the effort was made easy with many people helping. As the farewell party gathered we all said our good-byes to Dad's family, and we seven kids left for the adventure of a lifetime. We met Indians living in tipis and trapping salmon in cages. At one village a ninety-year-old Indian woman whose skin was so dark and so wrinkled that she could barely see, sat on the floor of our bus. She had heard of horseless carriages and wanted to check this one out. After she slowly climbed the stairs, she sat in the middle of the aisle, on the floor. She had never sat in a chair and could see no reason why she should do so now.

There were two sets of bunk beds set up at the back of the bus so that we kids could sleep while Mom and Dad took turns driving. We had a sink, a stove and a bucket for a toilet. At night, we set up the tent and had campfires while visiting the various parks along the way. I'm glad my parents took the time to enjoy the journey and that we visited so many spectacular sites along the way. The hardest part of the trip was the potholes. I think they started just north of Prince George and grew bigger and deeper the further north we travelled. At one point, they got so deep we had to have a grader give us a pull, and then we followed slowly behind it till we got to Rosswood.

This September has also been a big move for me as I moved my bed as well as the offices of Issues magazine and the Holistic Centre. An adventure as always, complete with a whirlwind of happenings. Our move was just next door but at the same time we also did distribution and organized the Wise Woman Weekend, so there seemed to be lots to do. Gerry and I have decided to be room mates and have moved into the two-bedroom apartment upstairs above Issues. It is wonderful to have my own space once again. I was getting tired of having to make up my bed every morning and every night. Another *plus* is that the new office has space for two extra desks. It was getting difficult

keeping track of *TO DO Notes* as I shuffled from desk to desk, and when I hear myself complaining, I know it is time to make a change and reorganize. The space will allow us to expand so that we can provide more services, more easily.

Both Jan and I have done a reality check, and we know that supporting bodyworkers and unlicensed practitioners is what we are here to do. The times feel unstable, and support for such people is important to provide as the changes in the system happen. The education they facilitate and the work they do is very valuable and we need to work as a team. I am appreciative of the help and support from Michael and Larry and many others who showed up for a day or two and helped make the move special. Now that the sawdust has settled and the paint has dried, I hope many of you will come check out our new location at 272 Ellis St.

Change and stress are not something that bothers me. In fact, it is usually the opposite: they make me get creative and that energizes me. Taking calculated risks is something I do: if it doesn't work it adds to my reservoir of experience. When it does work and I feel like I am in the flow, it's a time of celebration. The long hours of thinking or working do take their toll, but I still made time for my continuing saga of emotional release work and massages. After my session in September I said to Gerry, "It takes more work to release these old memories than it does to move boxes."

I got a little lax with my yoga practice this summer but I made sure I got in time for walking and a bit of running. The walking trails in Penticton have staircases and the ones I live nearby are the equivalent of five or six flight of stairs. The first time up is the hardest, my heart pounds and my legs quiver, but by the fourth or fifth time, I feel great as my heart stabilizes and my legs feel strong.

Gerry likes to walk, and until he moved in upstairs, it was mostly in the evenings that he joined me, at a time I prefer to stroll. When he started joining me in the early morning, I felt compromised because I wanted to run up and down the stairs, and he wanted to check out the various weeds. The first couple of times when he stopped to pick the flowers, I helped him so that we could get done faster and continue our walk. After we had climbed the stairs, I said, "I want to go up and down again." "Once is enough for me," he said. I felt frustrated, as I wanted both his company and I wanted to exercise. In my mind, I figured that if I helped pick his flowers, then he would have extra time to go up and down the stairs. I tried to encourage him by saying, "It's good for us." He said, "No, that is not what I want to do." I said, "Then I don't want to help you pick flowers." I could feel the frustration build ... but what could I do?

He started picking mullein flowers, and I started jogging on the spot watching him pick. Then I ran to the end of the block and back, and he was still picking, so I circled the block. Yep, he was still there picking when I got back. I thought of my mother and her dogs and how they would run in circles when they were let off the leash. Was this how I was feeling? In some ways yes, I could feel lightness and clarity come into my body as I told myself ... "I have a choice, I don't have to help Gerry pick. I can choose to do something for myself."

My body felt strange as thoughts of my childhood surfaced. I was the one who always helped Mom to look after my brothers. Being helpful made me feel important and at the same time, if I had said "no," I would have been made to feel guilty, for putting my needs first was not being a good girl. After a few deep

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breaths, I worked through my need to help Gerry. My body surged with energy as I mentioned my thoughts to him to explain why I didn't help him pick flowers. It turned out that he could have cared less: actually, he didn't want my help for I am not a careful picker.

It is so freeing to be able to say how I am feeling, knowing that it is being heard and accepted without judgement. It gives both of us the courage and the commitment to continue being honest about how we really feel and not just give each other a pacifying response so that we don't hurt each other's feelings, or think we are being helpful when it really isn't wanted.

Inventing new recipes and sharing our cooking skills is what we really appreciate about each other. As is our love of organically grown herbs and vegetables, and the bonus is being able to share our meals together.

Angela 

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Part Two of Healing ACTION

by Diane Laviolette

I would like to thank Issues Magazine for letting me share with you my thoughts and feelings on Life. Thank You Angèle and everyone at Issues.

What I want to talk about is the importance of Action in the healing process. A few months ago, Jane (not her real name) was telling me about a situation that happened between her and her friends. After a few questions, she told me that she had just attended a weekend seminar where she learned about family dynamics and that as you grow older you reproduce your family dynamics in your relationships with your friends /partners.

After further discussion on the subject I came to realize that this person had a very good awareness of her family dynamics but was not doing anything to change the dysfunction. In fact, she kept repeating the same behaviours, then saying, "Well, this is my family dynamic pattern."

She is not an isolated case and I have seen many people over the years saying the same things. It is not enough to become aware of the dysfunctional behaviours that do not serve us. We have to take the Next Step. If we don't take some kind of action to change that behaviour, we are not healed.

I remember hearing someone say that when you can admit that you are doing something that is not right for you, half the problem is solved. That is true, and the second part for completing the healing process is ACTION.

Once you have the understanding or the awareness, you need to go to Part Two of Healing, which is to change that behaviour and/or apply whatever needs to be done, ie., visualization, meditation, etc. In other words follow-up with the appropriate changes.

Only you can make the decision to follow through with the action. Your teacher, counsellor, practitioner can only make suggestions, help you with the awareness and give you support along the way but you are the one with the task at hand.

Changes are hard; sometimes changing a behaviour may seem like it takes forever (well it was not created overnight, so it might take a bit more than a workshop or a session). I do know for a fact that continuing to work on changing is the best investment that I have ever made in my own life. So next time you go to a workshop remember that the real Miracle is actually the courage to continue with the Action after the workshop is long gone.

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BIOFEED BACK AND BELLY BREATHING

by Haley Jonstyn

I was a Registered Nurse in 1991 when I was diagnosed with Fibromyalgia. At age forty-one I was faced with the challenge of having to heal from a chronic disease and to choose another career. On a daily basis I opened myself to my Higher Power, asking for guidance for my next step. Over a period of eight months I was guided to study Biofeedback in the United States and in learning the techniques have reversed my Fibromyalgia symptoms by 90%. This illness was an opportunity for deeper personal growth and surrendering of my beliefs and patterns of behaviour. I was a human-doing, not a human being. I was overdoing in caretaking, control, defensiveness and negative thinking.

I realized I had created everything in my life — a life of chaos, dis-ease, discontentment and self-destructiveness. In letting go (relaxing), I now experience more ease, joy and peace. This illness was a catalyst to my new way of being.

Fibromyalgia is a type of arthritis (auto-immune disease) that causes severe muscular pain and has over one hundred other symptoms affecting all organ systems including many mental faculties. Traditional medicine says they do not know the cause or the cure — rendering one to feel hopeless and helpless. Fibromyalgia has been a gift — the gift of listening to my mind and body. As I learned to be with my symptoms, to love and accept them and to join with the pain I also learned the wisdom of my body. If my symptoms increased on a certain day, I listened. My body was telling me to take time for me — time to relax physically and mentally.

Biofeedback (B.F.) is a mind/body medicine (psychophysiology). It is where sophisticated computer software is used to aid the individuals to become aware and then to control their mind/body physiological responses. With continued practice of these techniques this learning has lasting health benefits.

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With the use of Biofeedback mind/body techniques one can hope to be relieved of their pain, symptoms and ailments by seventy percent with a corresponding reduction in medication use and doctor's visits. This is an empowering state, to realize this much control over the body. This learning also offers hope to relieving our rising health care costs and returning the power of health and healing to the individual.

The following are true stories.

Glen, an insomniac had excessive digestive problems and increased anxiety and panic attacks. Glen learned Biofeedback Belly Breathing (deep diaphragmatic breathing), Progressive Muscle Relaxation and Thought Stopping. With four sessions, Glen had achieved peaceful and restful sleep every night with no further digestive problems or anxiety. The panic attacks disappeared!

Joe, diagnosed with mild hypertension, wanted to avoid taking blood pressure medication. He learned B.F. Belly Breathing, Tense/Release muscle techniques for his neck and shoulders and Autogenic training. With daily practice he learned to relax the walls of his blood vessels with subsequent reduction in his blood pressure.

Ben, age eighty-two, had several chronic diseases, shortness of breath and diarrhea from post-prostate radiation six years previous. Two years before seeing me he had a squamous cell carcinoma removed from his chest which had not healed (a two by four inch area). He needed to change the dressing daily. Within ten days of using the breathing technique this area completely healed. He said to himself, "If it can work on my chest wound, it can work on my lower bowel. I saw it heal!" He started visualizing his bowel heal just as he had seen his chest heal, and shortly afterwards the diarrhea stopped. He was hopeful that these techniques would assist his other ailments from chronic diseases. I confidently assured him they would.

In learning these techniques you can feel calmer, more focused, peaceful, satisfied, happy, in control and an enhanced sense of well-being, both emotionally and physically. As long as we are led to believe our ailments are beyond our conscious control, we are held victims of these ailments. Most everyone can achieve empowerment over whatever ailment or disease by learning these mind/body techniques.

Remember, Relaxation is not something you do. It is a natural response that you allow to happen (the body knows). Relaxation is what is left when you stop creating mental and physical tension.

See ad to the left



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Simply Tarot

by Maurine Valorie

The days of September 23rd to October 23rd correspond to the astrological air sign of Libra, and have the only inanimate symbol of the signs, being that of weigh scales. In the Tarot this period is depicted as the Justice card, number 11 of the Major Arcana. (In less contemporary decks, this would be number 8, so it is wise to check your deck for the appropriate number.)

The Justice card directly relates to the Law of Karma. Every action has a reaction. As the Buddha thought, "If you want to know the past, look at your present; if you want to know the future, look at your present!" A person is pushed towards spiritual growth by consequences from words, actions and thoughts. The Sword of Truth will cut away any false conditioning from our past. As within, so without. As above, so below. Yin/Yang.

The Planet Venus rules and assures that love is the law, and balancing the 'good' self with the so-called 'bad' self is the challenge in this person's lifetime. The stones for this period are Opal, Agate and Tourmaline. My affirmation for Justice is "I have the discernment to make solid, ethical decisions while spirit gives me the wisdom to be fair".

In the Minor Arcana, the suit of Swords represent intellectual DNA, Karma, family and anger. The personality of this mind suit is shown in the Court card of the King of Swords. This person has a brilliant ability to decide appropriate action for everyone to take in any given situation. Although he is often "out of touch" with his spiritual and human side and dismisses ideas that are non-conservative or not scientifically checked out, this being is a great lawyer or politician. Brigitte Bardot and Bruce Springsteen are typical King of Swords. Long on intellect (black and white), short on empathy and capable of annihilating others if their ideas are unappreciated! A loving relationship is a MUST to melt these Librans down to earth. They have a tendency to be right!

1st decan - September 23rd to October 2nd, has the life experience of the Two of Swords, being the challenge to analyse all sides of a situation and not to get stuck by biting into 'old' stuff (thinking). Appropriate action with wise and Venusian understanding will come with true contemplation. Never rush decisions!

2nd decan - October 3rd to October 12th, is shown with the Three of Swords. Cutting away old thought patterns, separating so to birth 'getting on' with life by discarding karmic thoughts and concentrating on new and positive thoughts. To do this, whenever negativity comes in, state Craig Russel's verbal antidote, "I do not need these thoughts, they don't make me feel good" (over and over, if necessary).

3rd decan - October 13th to October 23rd - the Four of Swords has a lifetime of resting on whatever laurels you have achieved! You can retreat as you have cleared the mind and now can patiently wait to hear your higher guidance giving you instruction. Peace reigns.

see ad to right

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Creating A Future We

*"We don't think our way
into a new life;
We live our way into a
new kind of thinking."*

Richard Rohr

I turned the radio on to write this column, and found myself weeping over the news again. I am reminded that what we hear and see from the media is not the "news" but could be more accurately called the "olds". What we are presented as the state of the world is more often than not, our obsession with the past, with the outdated patterns of power and dominance, fear and destruction.

We have heard all the cynical stories of war and death, the chaos, the greed, the destruction of the environment. What we don't hear enough of, what doesn't make the headlines and the evening news broadcasts, are all the positive, constructive hopeful things that are happening around the world. Disaster sells more advertising space than the simple, successful, extraordinary things that ordinary folk like you and I are doing. It's these kind of things that I would like to share with you in this column.

In this much-studied society, there are some very significant trends emerging. According to the Trends Research Institute, 1997 marks a critical turning point: North Americans are no longer depending on once-trusted institutions to serve their needs. Many people are disillusioned with not only the medical system, the governments (on all levels), and the educational systems, but view much of the establishment as corrupt or obsolete.

The good news is that people are doing more than turning away from the institutions of the past. We are creating a new era of rich intellectual, philosophical, spiritual, humanitarian and scientific achievement. The DNA for a new civilization is being created, and all our positive, creative efforts are the seeds.

Community

Can Live With

There are several common threads woven through everyone's efforts these days. People are drawing on ancient wisdom, which teaches us that the earth is a living being, that all life is sacred. At the same time, people are turning away from the "experts" to discover and act upon their own deepest values, which are those we share with the Ancients.

We are also seeing the interconnectedness of all life. The delicacy of the various ecological systems, such as a forest or water shed, are now becoming models for future planning. Along with interconnectedness, we are beginning to appreciate the strengths to be found in diversity. Just as in ecosystems, diversity in human experience is a rich source of creativity and possibilities. Our traditional "western" medical models are being transformed by the wisdom of cultures from all over the world, both contemporary and ancient. Magazines like "Issues" are vehicles for that transformation, made possible by the use of contemporary technology.

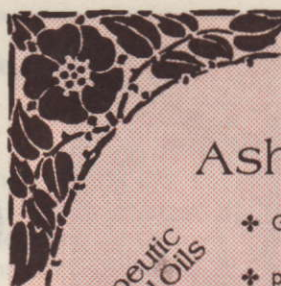
Each issue, I will offer a few examples of what is possible, of what is already thriving, of what is possible and most importantly, "doable."

Trends Research Institute
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12572. Tel: 914/876-6700
E-Mail: 73441.3526@compuserve.com

produces a Trends Journal. Very useful info for strategizing or planning a new business, for understanding our world today. It has some very positive things to say about the New Age movement, suggesting that New Agers are moving into a broader, more pragmatic social movement. The key to our success is to use the added dimension and sense of empowerment that comes from doing inner work to do something positive now.



by Laurel Burnham



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HAVE YOU SEEN THE VANISHING MAN?

by Connie Hargrave

In the past few years, a vast and growing array of unexplained phenomena have been reported, including UFO sightings, crop circles, and encounters with angels. Some are personal stories and individual "visions". Some, like the crop circles, are seen by hundreds of people. Most are unusual events which puzzle or amuse.

As Canadian correspondent for Share International magazine, I began to collect such stories to see if a trend was emerging, and I now have a wide variety. For example, statues of stone and metal in Hindu temples in India and elsewhere drink from the spoons of milk they are offered; a healing cross or a radiant image of the Buddha suddenly appears in windows around the world; healing water is found; apparitions of the Madonna proliferate; the seeds in an eggplant spell the word "Allah"; an icon of Jesus in Bethlehem winks at a Muslim woman; a twelve-year-old Lebanese girl produces tears which were analysed to be real crystals. The milk-drinking Hindi statues were front-page news in Vancouver and Calgary when they occurred in 1995, and the healing crosses of light have turned up in several places in Canada, radiating healing energy.

When a friend told me about a relative in Duncan, on Vancouver Island, who had picked up the vanishing hitchhiker, I became intrigued, because I knew that similar stories had been reported in the US, New Zealand and Holland. The Duncan lady had picked up a hitchhiker who sat in the back seat, and as they conversed, he stated that the Second Coming was imminent. A while later, she was stunned to discover that he had vanished. One of the reports I have from Trouw, a major Dutch newspaper, reads as follows: "A motorist picked up a hitchhiker along the motorway. The hitchhiker announced that Christ would return soon, then disappeared from the seat. The motorist was so shaken by the experience that he parked his car on the hard shoulder to recover from the shock. He was approached by some traffic policemen to whom he told the story. They replied: 'You are the eighth motorist today who has told us this.'"

On further investigation, it turns out that many of these "miracles" cross all religious and cultural traditions, and are occurring world-wide. Many believe that they are not isolated events, but that they are distinct signs that the New Time — prophesied by the different traditions —

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is about to dawn. The increasing frequency of these occurrences is said to herald an extraordinary transformation which will soon take place in the world, whereby humanity will finally realize many of its long-held, but yet unrealized, ideals of peace and justice.

Connie Hargrave has a background in arts administration and community development. A correspondent for Share International magazine, she lives in Nanaimo, BC. For further information on the Web, please go to:
<http://www.mcn.org/1/miracles>



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Aromatherapy

by Lynn Balfour and Linda Luider

Cultures throughout the world for thousands of years have indulged in such healthy pleasures as the soothing moist heat of aromatic steam baths. The steam bath has many benefits to enjoy: total relaxation of mind and body; to ease stress; relieve muscle tension and/or stiff joints; sweat out body toxins; stimulate circulation; increase body metabolism; keep skin youthful and to alleviate sinus congestion due to colds, asthma or allergies.

There are countless numbers of people who suffer with respiratory difficulties including allergies, asthma, hayfever, etc. The simple act of breathing can be a constant struggle. Research shows steam inhalation can be an effective treatment for respiratory conditions and is highly recommended for treatment without the common side effects of medications. The steam keeps the mucus moving freely and the aromatherapy essential oils such as eucalyptus assist in opening nasal passages and bronchials for easier breathing. Tea tree is an anti-viral and anti-bacterial essential oil that is useful in treating respiratory bacterial infections.

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Interesting People

by Urmi



MA PREM PANKAJA



One day as I looked at the appointment book at the Holistic Healing Centre I noticed a postcard leaned up against the pen jar. It was from Ladakh; a small region in the northern most part of India.

Ladakh has always interested me because it is a very remote mountain region and although it is in the governmental realm of India, the people are distinctly Tibetan. The one road is said to be the highest in the world and used by transport trucks and military vehicles only. The Ladakhi people are semi-nomadic and travel mostly on foot or by horseback.

When I flipped the postcard over I was delighted to find that it was for me. My long time friend Pankaja was trekking in Ladakh and had taken the time to drop me a note. I reconnected with her this September at the Osho Energy School where we talked about her adventures. As she showed me the photos of her trip I asked her why she went trekking. She explained that the first time she went on a walk her expectation of peace and tranquillity was met with the reality of hearing for the first time her "talking mind." This experience of becoming aware of the inner voice would lead Pankaja on an incredible journey.

She was born in Scunthorpe, a small steel town in the centre of England in 1936. By the time she was three years old the war had started, causing a great turbulence in her young life. With her father in the air force and her mother ill with tuberculosis Pankaja was placed in a boarding school from age six to seventeen. After school she became a French exchange student in Paris and eventually went to Oxford and obtained a degree in English literature. She also studied to be a film director but found writing to be a better medium for her creativity. In total she has four published novels. At twenty-nine she married an American actor and had twins; a boy and a girl. After eight years the marriage dissolved and Pankaja began to travel, ending up in India where she has been living for the past twenty-two years at the Osho Commune International. She had originally planned to stay for three weeks and when I asked why she stayed so long she had this to say. "When I arrived at the ashram he (Osho) was speaking on Buddhism. This offered me a completely alternative view of life. This was not anything that I could make sense of with my mind but I knew I wanted to remain in that environment."

This year Pankaja went on her sixth trek to the Himalayas. The twenty-one day walk to Ladakh is a lengthy story in itself. I wanted to find out what's behind this spunky woman's fortitude so I began asking her why she lived for twenty years in India. She explained, "In England I was used to an intellectual life, emotions were not really acknowledged or expressed. We began a woman's movement, and in this way we started to explore our emotions. Doing street theatre and going on demonstrations, marches and celebrations were all ways of opening up and having fun. This also sparked an interest in me

in living communally. Writing novels was an attempt to turn inner pain into creativity: it was a great technique for maintaining my sanity, but there was always a strong pull towards the real and inner freedom.

Before I went to India I had been involved in the growth movement, doing groups and exploring my inner world. At first I was shocked by the ashram in Poona. There was not the usual politeness of English society; people were very expressive, laughing, crying, angry, whatever - every emotion was OK. Sitting with the enlightened master Osho I realized the life I'd been living, my career and even my family, were secondary to the energy of the beyond I was experiencing in his presence. With Osho everything was like a bath of love, things transformed themselves. I had always known that the negative emotions like hatred, violence, anger had to become personal before they could be transformed into love. There I felt opportunity, the environment was supportive for this process of inner discovery that had been a thread throughout my life."

As Pankaja tells me this I am drawn into her depths. I can feel that she has looked into the dark corners of her being as well as embracing the light. I then asked her about her involvement with Lightpuncture; why she chose Lightpuncture as a healing technique. "It felt like a very transformative medium. I have absolutely no interest in being a therapist and in Lightpuncture the person receiving the light is responsible for his/her own experience. I also love the magic of it, the wonderful blissful state you can enter, and the rainbow of colours. It basically gives a message to each cell which aids the cells in realignment or harmony and one can easily enter in to the state of meditation giving or receiving treatments. I was also drawn by my own experience because I have been able to heal illness in myself and I have felt the tremendous power of releasing emotions through light treatments."

Pankaja's gentle expressive personality adds humour to the unpredictable way that we are. When with her, I feel an acceptance of the full spectrum of human emotions as if they are all embraceable, none to be chosen over any other. All this she presents in a very humble unpretentious way as if not quite recognizing the greatness of the way she has chosen to live her life.



Pankaja is a lightpuncture therapist visiting Urmi in Penticton for the month of October. She will be at the Fall Festival of Awareness. See her ad to the right about the weekend workshop, private sessions or hearing about her 21 day trek.

Cellular Memory

by Jessica Diskant

Over the last few years it has become more and more apparent that my body has recall throughout its entire system. I have seen this time and time again as I work on people. When I was in massage school a lot of the other students said they couldn't get under my shoulder blade (scapula). They said it felt like a barrier or wall. Sure enough, when the instructor came along she got under there and it was very painful but gave me mobility which I had lost for years. After that massage, I had tons of memories come back. Even during session, memories which had been repressed or dormant since my youth came to the surface.

Up until that point I had attributed my shoulder pain to tendonitis from overuse, tennis, cross country skiing, etc. Well, how come I had more mobility than ever? I let go of a holding pattern which I had taken on for many years. It was a protective stance. Many of us carry ourselves in a way which protects us and we don't even know it. I didn't realize how my posture was my voice! It was saying, please don't attack me...

As a result of realizing this, and as a result of seeing so many clients who have problems which seem more than just physically based, I developed my own technique. It's called Body Memory Release. It is a combination of massage, energy work, breathwork, clearing the meridians and opening them up and is customized to the individual. No session is the same. I follow what your body requires and tells me. Truly, bodies all speak and reveal lots of information when ready for a change. I do not invade the body, I work in collaboration with it. For the time I am with my client, I become an empath.

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Pankaja is visiting from India for October only.

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HYPNOSIS

A Personal History

part II by Peter J. Smith

A month or so ago I shared with you some of the reasons why I now work in the fascinating world of Hypnotherapy; letting go of a very secure job and regular income as a High School teacher. In this article I will endeavour to give you some insight as to why I believe Hypnosis works. In order to do that I will be referring to the diagram as shown. When I studied psychology at University we were taught that the Conscious mind is 10% and the Subconscious mind is 90%. No one really knows what the actual ratio is though I am inclined to believe that it is closer to a 1% to 99% ratio. In between the Conscious and Subconscious a 'critical mind' develops. This happens through the influence of parents, teachers, Church and society in general.

Conscious
mind

1%

Critical

Sub-con-
scious mind
99%

This is also the area where 'rules' abide: morals, class, religious laws, social aspects, traditions, ethnic concepts, spiritually, marriage, sexuality, family, age (I am too old). And there could be five subdivisions of the examples I have given. A child acquires all these belief systems (rules) from care givers. In this area 'conscience' develops. The conscience of a Muslim and a Catholic in Bosnia i Hercegovina or a Catholic and a Protestant in Ireland can be vastly different. When one studies this critical area we begin to realize that prejudice is a mass of all these belief systems. It is very disturbing for people to realize that one's thinking pattern is not one's own — it is someone else's. We are in fact victims of victims of victims.

The conscious mind assesses and decides what to do — to accept or reject. Often a decision can be biased because of prejudice. A client liked listening to a motivational speaker called Les Brown until she found out he is black. Despite her inner protestations that she has nothing against blacks, she found she no longer enjoyed listening to her tapes. It didn't take long to find out that her father had espoused white supremacist views when she was a youngster and those views had taken hold of her subconscious mind. Through the use of hypnosis it was a relatively simple task to help her let go of the prejudice.

The subconscious mind is incredibly powerful and if it has been programmed to 'smoke' then it can sometimes take a lot more than will power to get rid of the habit. As you know one day the willpower may be strong, another day it may be weak. By using hypnosis we work at eliminating the desire to smoke which has been programmed into the subconscious mind.

We have perhaps heard or even used the expression: 'the mind works in mysterious ways'. A lady came to see me who was ready to give up her belief in God, because her prayers never seemed to be answered. She wanted to know if I could help. Part of her religious upbringing had been to implant a belief in her 'unworthiness'. So every time she tried to pray the critical area rejected the prayer and the subconscious never got the message. Through using hypnosis we bypassed the critical area; she then prayed and a month or so later she phoned to tell me that her prayers had been answered.

It is the beliefs in our critical area that can hold us back or achieve what some people would call miracles. Let me illustrate the power of belief: After warnings went onto cigarette packages that smoking can cause cancer, the incidence of smoking/cancer related deaths went up 30%. Those 30% believed the information on the package and set up their computer (subconscious mind) to accept the information as a given. Another lady I know of was diagnosed with a malignant form of cancer on the Friday. She "kicked her husband and two teenage children out of the house". She then used visualization techniques (hypnosis), fasted and prayed. On the Monday the doctors could find no sign of the cancer. Her 'belief' set the healing in motion.

We have been programmed to believe that we can lift a certain amount of weight and if we overdo it, we destroy muscle, ligaments, tendons, etc. Yet why the exceptions to the rule?—The seventeen year old girl, who lifts a tractor off her father, and suffers no physical damage, or the elderly pensioner, who lifted a car off her husband, and again suffered no physical damage. The former lady I knew as a teacher and she told me what happened. The story of the pensioner was reported in an American medical journal. In both cases, by whatever means you may suppose, they bypassed the critical area of limiting beliefs and the subconscious mind got the body to do the rest. They had gone into a natural state of hypnosis.

As a clinical hypnotherapist I introduce clients to this natural state of mind we know as hypnosis and with their consent help them reprogram the subconscious mind and where necessary eliminate old ideas and beliefs that have been preventing them from enjoying their true potential.

Think back to the example of the "smoking can cause cancer" on the cigarette package and the effect it had on the thirty percent! It was a subliminal message that took root without the recipients being aware of it. So consider what effect the "doom and gloomers" (re Armageddon) are having on many people subliminally. I've had to work with quite a few clients suffering from severe depression because they felt there was no hope for them or the earth as we know it.

An asteroid approximately six hundred yards in diameter passed within a "moon's distance away" just over a year ago. If it had hit the earth it would have caused five hundred foot tidal waves. It would have created the devastation as forecast by Nostradamus and Scanlon. It was no accident that it missed! More and more people are finding love in their hearts and turning away from the doom and gloom that is forecast through certain groups and the media. I believe that those people with love in their hearts made a difference.

I, like billions of others, grieved over the passing of Princess Di. Has anyone considered the power of the word "Di"? Or why she should pass at the age of thirty-six? (power of nine in numerology) Has anyone considered that through her passing, and that of Mother Theresa, incredible positive forces have been set in motion that will help elevate this planet's consciousness to an even higher level? So let's focus on what good has been achieved by Princess Diana's passing and how she will be able to help Prince William, the Royal family and all the rest of us, more so now than she was able to do when she was on this earthly plane. So let's keep love and hope in our hearts, and remember what Shakespeare said, "There is no good or evil, but thinking maketh so" and Christ's comment, "As man thinketh — so is he." *see ad to the right*

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The Ability to Respond

by Marj Stringer

We often think of the word responsibility as meaning how effectively we are "taking care of business." What we are doing to be responsible in our external affairs: paying our bills, being a good worker, looking after our children. The ability to respond (response ability) is more of an internal process. A willingness to go into our feelings and not do, but be. Be with what is there and not know why, or how. Let go of figuring out the answers and instead ask the right question. Why we might not be so willing to do this is that we may hear an answer that is different than the one we want to give ourselves. It is really the art of listening.

In the book **Conversations with God** an excerpt reads, *Feeling is the language of the soul. If you want to know what is true for you about something, look to how you're feeling about it. Feelings are sometimes difficult to discover — and often even more difficult to acknowledge. Yet hidden in your deepest feelings is your highest truth. The trick is to get to those feelings...* So, a question might be, "What is the truth?" The emotion of fear will often block us asking such an open-ended question. Letting go of the fear sometimes feels like trying to move through a brick wall that just doesn't want to budge. It feels that real! One technique to help get through that wall is the use of the breath. It seems too simple that to just use our breath and slowly inhale down to the fear and into it would be all we have to do. Let's find something more complicated, and back we go to our mind to figure it out. An awareness of our breath is called Conscious Breathing. Purposefully and with intention choosing to feel our fear, let go and know that it is safe. Our body wants to tell us that it isn't and we are in threat of something bad happening if we do. To fight the feeling or flee from it is the body's solution. So the next time you are feeling overwhelmed trying to figure out a solution to a problem, slow down. Be still. Take fifteen minutes to lay down on your bed and begin to take a three level inhale breath into the centre of your body. Be willing to let go. Ask a question and continue to breathe. Slowly exhale each breath, consciously visualizing letting go. And see what comes to you. You may hear an answer right then, or a couple of hours or days later. Your inner self has no time clock. Turn the problem over and you'll very likely hear a step of action to take that never occurred to you. You might not be immediately happy about it or may have a great AHA. Do it anyway and see what happens. You just might get to be wrong and happy!

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ADVANCED MANUAL THERAPY

by Cassie Benell, Ph.D.

Last July I went to Seattle to attend a course with Sean Kelly from Austin, Texas. He is a massage therapist and graduate student in physics, and first attended university at the age of 15. He has an insatiable yen for knowledge and tries to improve on things that he can. If he has a chance to go to a big university library, he will plan to have a few extra days in which to photocopy articles from leading scientific and medical journals. He even heads home with an extra suitcase of these articles!!

Advanced Manual Therapy is Sean's version of Mechanical Link (see the April, 1997, copy of Issues for a description), a system which determines the body's dominant lesions (dysfunctional areas) and releases them. The body then self-corrects, with usually an average of only three releases. By studying anatomy and physiology in detail, Sean expanded on the work developed by osteopath Dr. Paul Chauffour. Sean's first two courses (of four) cover Chauffour's three courses; his third course is basically on the circulatory system, nervous system and the brain. The fourth course even covers the arteries and veins of the brain.

Since I had taken Chauffour's three Mechanical Link courses, I took Sean's third course on the brain. What it did was to revolutionise my concept of the body and what may be done with it. The circulatory and nervous systems are both contained in a vascular bundle sheath and may be accessed manually. Restrictions can cause pain and various problems; sometimes overlying structures cause the restriction, sometimes the tissues themselves. A restricted artery impairs blood

flow into that area of the body, causing inadequate nutrients and excessive backlog of cellular byproducts such as lactic acid. As Andrew Still, MD, the founder of osteopathy, said: "The rule of the artery is supreme," i.e. it must be free. Many people who feel tight inside their torsos actually have a tight aorta, the major artery leaving the heart and running to below the belly button. Release of arteries is sometimes done with recoil (a sudden release of tension); for Sean's clients he has MRI (Magnetic Resonance Imaging) corroboration that arterial plaque can disappear after release.

Within the nervous system there are aggregations of nerves called plexi. For the arms we have the brachial plexus which comes off the spinal cord in the lower neck; thus lower neck problems can affect the arms. In the area of the solar plexus we have the celiac plexus, which can affect our whole digestion, such as for nervous stomachs. In the pelvis we have the sacral plexus, which can affect the pelvis and down the legs. Restrictions in any of these areas may be interpreted as an area where the spinal cord and nerves do not slide easily. These can be released easily and without pain. In areas of injury the vascular bundle sheaths can become twisted, causing pain and lessening blood flow. Just allowing the tissues to untwist can restore the elasticity of the vessels/nerves and dissipate pain.

In the brain four areas are dealt with: the cortex, the most exterior part containing the two cerebral hemispheres; the ventricular system (there are four fluid-filled ventricles in the brain); the corpus callosum, the area between the two cerebral hemispheres; and the innermost limbic system which contains major endocrine glands, the pituitary and hypothalamus. Working here is really a privilege and must be done with care and honour. People can have beneficial changes in vision, language and motor skills after having their brains worked on. It is possible to feel whether or not someone has a problem with a gland. A young woman with hormonal problems had a restriction in her anterior pituitary, which was released. After the session I was told of corroboration; she just had had MRI results that said she had a tumour on her pituitary.

Sean is moving beyond this. He developed a way to reestablish glutamate metabolism in the body, through a portion of the brain and the stomach. This could change the lives of many people with gluten allergies. Likewise he has developed a way to inflate intervertebral discs that is ridiculously simple. One hand is put over the disc/troubled joint, and the other over the heart. You can actually feel the heart "flip" (move or twist a bit) as the disc inflates; then the hand over the heart is taken to the top of the head, where energy is drawn from the hand down to the brainstem. This allows the disc further inflation, and the rotated vertebra to come into its proper positioning. Clients can't believe their pain can go so quickly! We have Sean to thank for his knowledge and sharing it with us. He is offering his first course (4 days) in Seattle in January, 1998. Anyone interested can contact me for information. A sound background in anatomy is recommended. This is indeed the leading edge of bodywork, where we can address common troublesome structural, biochemical and hormonal problems with our hands! *see ad to left.*

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Fall is in the air! Oh, what a wonderful sensation it creates when I smell the crisp fresh air, stop to greet the salmon in the river, and are able to watch all the plantlife bundle up and concentrate the season's growth into fruits, buds, roots and seeds. Responding to a natural desire to gather and store the bountiful crops of herbs for the long winter months, it makes me feel good to be more self-sufficient by...

digging into nature.

As farmers everywhere busily harvest some of their late summer crops, I too enjoy grabbing my shovel and bag, heading out into the wild blue yonder and scouting until I locate a patch of my own wild edible delights. Many roots and tops are available for harvest just now: dandelion, burdock, chicory, alfalfa, sweet white clover, rosehips and so on. (*Refer to a field guide to plants and you will find it easy to identify them*).

I have talked about some of these herbs earlier in the season and feel that they are worth mentioning again because of their abundance, availability, and safety. Anyone can enjoy them! Also, they tend to grow in close proximity to one another which makes locating them all quick and easy. However, they are not always that easy to harvest.

When harvesting the root—as we do in the case of the dandelion, burdock and chicory—the soil in which they are growing can make all the difference in the world when it comes to nutritional content, taste and digging ease.

I try to avoid digging near a roadside or pathway since these areas are generally lacking in nutrients, may be exposed to exhaust fumes or chemicals, and are generally well-packed, full of rocks and hard to dig! Likewise, soils that contain high amounts of clay are hard to dig. I remember specifically an experience of digging in the wrong place at my herbal teacher Yarrow Alpine's place. It took me fifteen minutes of slamming, hacking and cursing with a shovel just to harvest a small section of a burdock root embedded in clay that seemed like cement. In general, it's best just to leave these plants and find a place to dig where the soil is more forgiving.

The best places I have found where the soil is easily dug are areas that contain a lot of humus or decomposed matter, places where the soil has been disturbed like old fields and 'waste areas', and also on the banks of creeks away from the main channel.

If digging isn't your idea of a fun thing to do, then maybe gathering the seeds from plants like alfalfa, or sweet white clover will be more appealing. Both can be either ground up into a nutritious flour using a simple coffee grinder, or sprouted to obtain a lot of vitamins, minerals and enzymes. (Many health books carry information on sprouting). Rosehips are also very easy to collect and they make wonderful teas, jellies, or spreads that are rich in vitamin C and therefore excellent for the winter cold and flu season.

For those of you who, like me, also stock up on food for the winter, just remember those wayside herbs can help supplement your supplies and bring back warm memories of your natural harvest.

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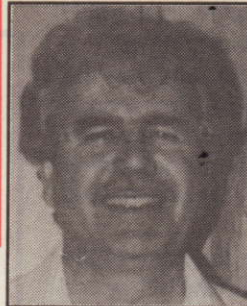
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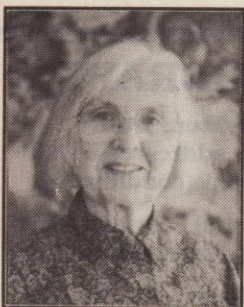
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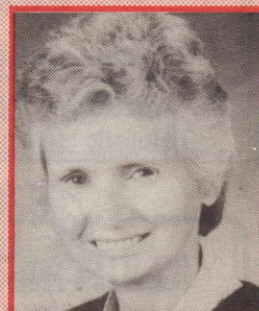
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September ISSUES**



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Patrick Yesh



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From the Editor...

Chit Chat

with Marcel

There were major shifts and changes at Issues Magazine and the Holistic Health Centre last month. We have moved to the building next door. There is much excitement about this move as we now have a larger office and more professional therapy rooms. The move started right after we went to print last month and everything went very well, with the possible exception of the telephones which took a few days to get changed over. We even managed to move Jan's big front counter and desk; this was a must because she said she wouldn't move without it. All the walls have been painted lovely colours. The back of the Issues office doesn't have windows, so Gerry did a wonderful job of bringing the outdoors inside by painting beautiful clouds on the delicate mauve walls.

It seems whenever I move it starts me reminiscing about all the influences and changes in my life that brought me to the point of another move. Natural health has always been a part of my life, as my mother became interested when I was a small child and I was raised with this concept. In my 30's I found interest in philosophical subjects which began my journey toward advancing my personal growth. Over the years this involved reading many books on natural health and metaphysical topics, participating in workshops, classes and lectures and joining various discussion and meditation groups.

When my children had grown and left home, I found myself somewhat dissatisfied with the lack of purpose in my life and began looking for new meaning and direction. This was accomplished when I noticed Angèle Rowe's ad for a business partner in Issues Magazine. I felt that with the information I had acquired over the years that I might be useful in this role. I had known Angèle for several years through various holistic activities, so I called her and we got together to talk about partnership. Today Visions...unlimited Network Inc. is owned by three partners: Angèle Rowe, Jan Stickney and Marcel Campbell. This business operates the Holistic Health Centre, publishes Issues Magazine and presents several Holistic events such as the Spring and Fall Festivals of Awareness and the Wise Woman Weekend at Naramata Centre.

And so the chain of events goes on, past into present into future, ever fascinating and ever challenging. Now that we have moved into our new premises we are looking forward to the expansion and growth that will come with this relocation.

Marcel



CIRCUMCISION: WHY?

by Anita Sherman Reynolds

Just hours after our first child was born, he underwent one of the most traumatic events of his life. He was circumcised. My husband and I signed the consent form with virtually no idea of what takes place during a circumcision. It was just "what you do" to baby boys. Our doctor told us nothing.

When I was pregnant with our third child (our second child was a girl), I found out that I was carrying another son. I asked my midwife for her opinion on circumcision. She said she thought it was "awful". Her reply surprised me. Her frank statement, and the discussion that followed, convinced me that we should NOT circumcise our next boy.

Most caregivers are not willing to take such a stand, either because they still believe circumcision has benefits, or because they're afraid of offending the parents. Fortunately, my midwife was both knowledgeable and honest.

As it turned out, our boy was born with a heart defect and died after a month in intensive care.

I was pregnant again within a year, again with a boy. After seeing our previous son undergo numerous painful procedures in intensive care, I could not imagine subjecting any child to the pain of unnecessary surgery. My new midwife also believed in leaving the foreskin alone. Thus our fourth child was born at home and remained whole, intact, perfect.

I continued to learn about circumcision in the process of becoming a childbirth educator and certified birth assistant. I was shaken after watching a video-taped circumcision, and full of regret because I had allowed this to be done to my very own son. It was disturbing to watch this bizarre ritual inflicted on a screaming helpless newborn. It brought up anger towards my previous doctor who concealed the brutality of the procedure and its physical and psychological effects, both short and long term.

I now strongly advise parents against circumcision and explain to them the sexual and protective functions of the foreskin. People need to know that circumcision is not a minor or benign surgery.

I'm aware that expectant mothers are sometimes under pressure from family or friends urging circumcision. They may fear that the child will be "different". Fathers often have conflicting emotions. Some feel, "if it was done to me, it should be done to him".

We show great strength when we face these attitudes with a determination to put our children first — when we demonstrate full respect for them and their basic human right to an intact body. As responsible citizens and caring individuals, we are called upon to break this cycle of wounding our male children.

Fathers - show courage and don't circumcise your son because you were circumcised or because a previous son was circumcised.

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to the world. This cannot feel like a good place to live, or a safe place, when one of the very first experiences is the pain of a knife between his legs. Please don't violate his trust in you. Welcome your son PEACEFULLY into the world.

Anita Sherman Reynolds lives in Ann Arbor, Michigan

Note: The circumcision rate across the United States is currently around sixty per cent compared to twenty-five per cent in Canada. The rate at some Ontario hospitals is more than fifty percent, at some British Columbia hospitals more than forty percent, but it's under ten percent in Quebec and almost zero in the Atlantic provinces. Thus being uncircumcised is not unusual in Canada, nor is it considered "odd." Most Canadians know what a normal penis looks like. Very few Americans have ever seen one.

Treat Enuresis by TCM

by Kevin Ma

Enuresis refers to involuntary discharge of urine - daytime or at night during sleep in children over three years of age. In mild cases, bed-wetting occurs once in several nights, while in severe cases, several times a night. It is usually functional. According to Chinese medicine enuresis is closely related to the kidneys, bladder, spleen, and lungs and is categorized as Yi Niao (bed wetting)

Types of Syndromes

1. Insufficiency of the Kidney-yang. Involuntary micturition (urination) during sleep, cold extremities, pale tongue with white and slippery coating, deep, slow and weak pulse.
2. Deficiency of the lung-qi and spleen-qi. Mostly seen in patients with general asthenia(debility) due to a prolonged disease, involuntary micturition during sleep accompanied with pallor, listlessness, anorexia, loose stools.

Therapeutic Methods

Acupuncture treatment. Enuresis is a disorder of the urinary central control system of the cerebral cortex. Acupuncture can stimulate and adjust the function of the urinary central nervous system so that this disorder is eliminated and recovered to the normal state of urination control. The earlier acupuncture begins the more effective it will be, especially in children. According to the clinical test results, the curing effect for children reaches over 95% while adults need a longer time to recover.

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I use the following Chinese herbs: man-tis egg-case, dodder seed, bitter cardamon, psoralea fruit, raspberry, astragalus root, dangshen, Chinese yam, schisandra fruit, prepared liquorice, pyrrhosia leaf, plantain seed, alismatis rhizome and gentian root. Herbs combined with acupuncture are most effective especially for adults.



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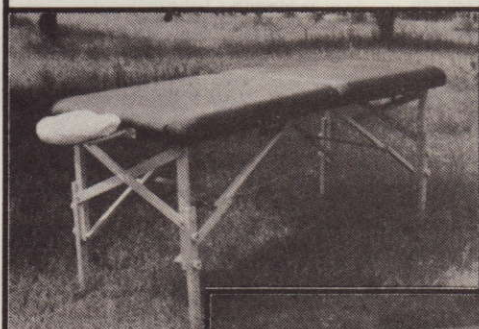
1) Preparations: Drink a small amount of boiled water, loosen the clothes and belt, get rid of stray thoughts and relax the mind. Sitting and laying postures are most suitable.

2) Coordinate silent reading of words, phrases or sentences with respiration exercises. The sentence starts with three words and increases as time goes on but ought not exceed ten words. Usually sentences like "I can relax", "Sitting leads to good health" and "I tranquilize myself" are examples. The method of respiration is: inhale when silently reading the first word; hold one's breath when silently reading the middle words, the more middle words there are, the longer the time of holding breath; exhale when silently reading the final word(s).

Adopt abdominal respiration method: when inhaling, raise the tongue against the hard palate, naturally conduct qi to the lower abdomen and imagine in the mind "Qi sinks to Dantian (Elixir Field)." When exhaling, detach the tongue from the hard palate so as to allow air to go out naturally. During the practice of the above method, attention should be paid to inhalation rather than exhalation.

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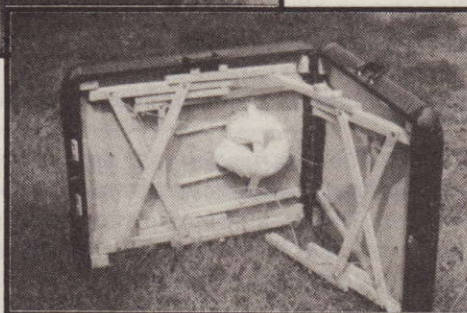


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A Special Walking Stick

by
Robie
MacIntosh



I remember yearning to have a walking stick of my own for a long time. I would see them in movies, knobby ones in the highlands of Scotland swaggering along in the hands of the laird of the castle. I would watch shepherds with special sticks for their woolly herds or a mountain climber in the Swiss Alps.

One day I viewed a selection of fancy sticks at the Edmonton Mall. Boy!, they were classy, with a silver horse's head on top, shiny dark brown finish, just what I wished for. The cost - \$150.00; the question - Should I purchase one?

The answer I received was truthful, pragmatic and disappointing! You don't like to walk, you don't walk, at all. Of course, I received more information, what are you going to do with a walking stick, use it to go from the house to the car or from the living room to the bedroom. Well, needless to say, with all this consciousness bursting forward, I did not purchase the stick and left with a slow gait in my walk and there was no tap, tap, echo on the mall's terrazzo floor.

In late 1993, after being in bed for a few hours, I had a dream, an unusual one, and I woke with a start and rushed to the table to record my thoughts. The essence of my dream was for me to proceed to Nova Scotia and my cousin would assist me to acquire a walking stick. At that time I was living in the Northwest Territories, about a thousand miles from Edmonton and several thousand miles from the east coast of Canada.

The thoughts continued. I would ask this cousin of mine, whom I had only seen once in forty years, to take me into the forest and find my stick. Also, I would ask him to carve a top for my stick in the shape of an Egyptian Cross, an Ankh!

During the next four months I was very busy with my studies and yet there was a nagging feeling I needed to get my stick!! Yes, you guessed correctly, a chance to go to Nova Scotia presented itself. I left on a blistering cold, snowy day and arrived five days later on a sunny afternoon at my sister's door on Peggy's Cove Road.

I was greeted royally and informed the house was being repaired and I would be staying at my niece's house. Suddenly, I heard a loud, gruff voice behind me and I turned to see, guess who — the cousin from my dreams. I was astounded as I knew he lived several hours away but I soon discovered he had been assisting with the house repairs. I did not have the courage to mention my dream or his role as my assistant, but I knew I would, I just needed to find the right moment. My niece and her husband also welcomed me to their home and I settled in for the night. During the evening while sitting in front of the fire, my niece's husband whom I had met briefly several years before remarked that he liked the symbols on my sweater which were cave art and creature drawings appearing as wolves.

On an impulse I left the room and returned a moment later and showed him a ring I had in my case, but it was too large to wear. The ring had a gold wolf's head on top. I placed the ring in his hand and returned to my chair. He then left the room and shortly I sensed movement, in front of me. I looked up to see a long somewhat crooked, thin stick directly in front of me about six feet tall. A soft, deep voice told me this stick was from the Rune tree and his parents had brought it over from Wales in Great Britain for him. He said he did not feel the stick was for him, he then told me he felt that the stick was for - ME!

I was totally shocked and could only mumble a thank you. The ring that I could not wear on my finger fit 'perfectly' on the stick and stopped half way. I was bewildered; how was this happening, this was not my dream, the only people who knew of my quest were several thousand miles away.

I left for my sister's in the morning to seek out my cousin. I showed him a cross I wore around my neck which was shaped like an ankh and quickly asked if he would carve a top for my stick. To my surprise and without sarcasm or laughter which I feared, he told me he would be leaving for home in a few days and I should follow and stay at his house. He would do it!

On a rainy, foggy morning my cousin walked into the bush and returned in about an hour with two pieces of wood. I chose a piece from a felled apple tree. My cousin proceeded to shape the cross and the ankh was placed on the top of the walking stick from a faraway land. I had somehow fulfilled a small piece of my present life and yes, dreams do come true.

The stick now accompanies me when I assist others to find their "truth". I have been told the stick provides a sense of security when held by a fellow being trying to clear negativity. A year or so ago a shaman, Liz Aspin gave me an additional gift, a crystal wand. The Shaman told me she received a message from Archangel Rafael to provide the wand to assist in the healing process. I did not mention that the wand was given to me in Nova Scotia, however, I do not believe I need to return to the East for some time, as I have been called here.



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PLANETARY SHIFTS

by Moreen Reed

Forecast for the Month of October 1997

October will have a feel all its own. A very Yang or male style energy will prevail, especially during the middle of the month. Soft feminine energy will be in short supply, while assertive fast paced, even recklessness will be the predominant theme. Opposites will polarize starkly, clearly stated and owned intent will be the only grounds for compromise.

Those with an ability to champion a popular cause will have a greater than average opportunity to succeed. All in general will benefit from a mind expanding outpouring of new ideas and concepts, which reveal the conditioning patterns of the past, by stark contrast to the current reality.

For some this month will be a fanatical rush, for others major burnout. Emotionally sensitive types need to protect themselves.

The first New Moon of the month sets up a most impressive "start day" for enterprises, appeal to the public can even be magical, here's hoping many of you can take advantage of this day.

The Full Moon on the 15th brings the energy of this month to a fevered pitch. With the light of awareness, look for balance to extremes! To bring grounding to the rush of energy, think community. Practical structure is needed to harness the energy, making it productive to all.

We end the month with another New Moon, life will be back in the body, while feelings will be quite strong, with time to make practical the rush of ideas and causes of this month.

This column derives it's comments on the planetary interactions that effect us all. This is NOT meant to be exhaustive of the possibilities. A glance at an ephemerides quickly shows that hourly the combinations can change. I base my statements and suggestions on the major aspects that occur between Jupiter, Saturn, Uranus, Neptune and Pluto.

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Silver Lining

by Christina Hughes

Here stands my home ~ for now I am here. Candle, wind, water. Air travels through me on its way. I am wrapped in nothing but God's clothes and ~ I do not always recognize the strands.

On the hottest day of the summer I was travelling with my mother and my daughter on one of our frequent trips to Rock Creek. I had been following a logging truck for some time over the Anarchist Mountain when I pulled out to pass on a straight stretch. But I had missed his left turn signal and by the time I realized what was happening we were heading straight into the side of the truck. I wrenched the wheel and prayed for the safest passage.

The impact, when it came, seemed surprisingly gentle. A glancing blow to one of his wheels helped bring us safely to a stop. Great Good Fortune. Visions of our deaths gave way to the realization that we were all still alive and unhurt, in fact, my daughter had slept through the whole thing. The car was a write-off. Just minutes later a friend stopped for us, and graciously transported us down off the mountain, home to Rock Creek.

Our nearness to death had shaken me and I was in a tight circle of fear. The next day a simple comment from my father expanded my perspective instantly. He said, "Look for the silver lining." That we were alive and well was a gift — there was more to come.

By the following week a good amount of pain had surfaced in my back and neck. I knew a woman who did bodywork and so I made an appointment to see her at the Holistic Centre. It was the right thing to do — for not only

did I receive the physical and emotional release I was looking for, but also an invitation to come and do counselling work through the Centre. My experience on the mountain had felt like crisis — out of it came a great bounty of opportunity.

For the past five years I have shared my time between Rock Creek and the Okanagan. For most of that time I was restless; feeling unable, yet inwardly pressured to decide which camp to call home. Earlier this spring my daughter and I moved into a wonderful little house in Kaleden overlooking the lake. As I sat outside one morning, basking in our great good fortune, it occurred to me suddenly that there was no need to decide. While most of our time was spent here — I understood finally that we lived in both places and — both were home. An inward smile blossomed through me and I felt a great release in this simple discovery.

Pain leads us to healing and healing leads us to ourselves. I have been graced with a greater appreciation for the joys and the responsibilities of life. And I am learning that decisions are not only about choosing one thing over another — more often they are about listening to all the bits and letting them fall into their natural place with less resistance.

Presently I work for a local non-profit agency supporting families in the community. My educational background and areas of interest include a B.A. in fine arts and women's studies from the University of Guelph in 1987, English as a Second Language and personal tutoring, Holotropic Breathwork, Art Therapy, Sexual Abuse Counselling, Teaching and Healing Touch. See ad to the right



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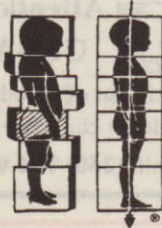
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Chirolology!

by Odette Dumas



Everybody knows about chiromancy or fortune telling; this folklore has existed for milleniums. But very few people know about chirolology. It started with Dr. W.G. Benham who published in 1890 *The laws of scientific hand reading*. This good doctor dedicated more than forty years of his life to establish the first parameters proving an accurate relationship between hand-prints and personality. We'll remember too Beryl Hutchison and Arnold Holtzman who gave great publications in this century and finally, myself, Odette Dumas Poisson.

I began to daydream on my hands at the age of three. At twelve, realizing that it wasn't a game, I initiated a long search on the hand's significance, evaluating around 10,000 person's hands and questioning them, wanting to understand what was right or wrong in my intuitive knowing and most of all, to find the logical threads... which I finally found.

At twenty-four, I chose to dedicate my life to chirolology and began to give paying consultations and to write a book on my verified research, which was published six years later (in French only): *La main, reflet de soi, reflet de l'infini*, Editions De Montagne, 1987 (The hand, a self reflection, reflection of eternity).

For three years, I've been invited on every major TV show, hosted my own TV series on cable and radio show, given conferences in Universities and seminars throughout the whole province of Quebec. Since the book's publication, I'm teaching chirolology to kids at school as well as to adults in personal or small groups sessions.

My personal goal is to spread worldwide this knowledge of oneself, thus teaching is a most important aspect of my life. I serve a cause, but I'm not looking for a cause to serve me!

"Know yourself and you'll know the Universe." The old saying is the purpose of chirolology. This technique is based on the explanation of the hands, especially through the handprints.

A first examination of your hands will reveal your energy and health status through your nails (shape, color, texture, presence or absence of half-moon) and by the consistency of the palm (soft to hard).

Then, observing your fingers' length, implantation in the palm, shape of the fingertips, crookedness, knots at the finger joints; all of these are showing one's drives.

A look at your fingerprints will help to define your personality type as well as the design patterns found on the skin of your palms.

Then a minute study of the seven mounts or regions of the palm and their lines will complete the picture of who you really are. As you can see, in chirolology, the lines are the very last point of interest and their significance serves to express more your drives rather than telling your future.

In the next publication, we'll explore the significance of your nails. In the meanwhile, look at your hands and do your handprints with printer's ink! See ad below

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Eliminating Your Allergies

by Joel Whitehead



With allergies looming as such an ominous possible cause of problems today, it is hard to turn your attention away from the possibility in any one case that this isn't the cause or at least part of the picture in many cases we see in the clinic.

About a year ago I was encouraged to study the NAET (Nambutripad Allergy Elimination Technique) technique. When I took the training in Southern California, I was surprised to encounter doctors from all walks of life, stature and specialty taking the training with me. I spoke to one naturopath from Anchorage, Alaska, who had over 200 clearings from a fellow naturopath in Anchorage before he decided to study the treatment for himself. A medical doctor from Alameda County near San Francisco, was there just to stay current, since over a dozen doctors in his same area were using the technique on an on-going basis. An eminent psychologist from New York had started a biannual conclave on the technique and new research findings. I guess I had to feel privileged to be among the first 100 doctors to be trained in the technique, but to me the proof would be in the results I would get in my own clinic.

Why do we get Allergies?

Most allergies are a state of mind, or a state of health. According to Dr. Nambutripad, most allergies begin after trauma of some sort. Just imagine that you were the victim of a sickness that drained your body of its reserves. Your body/mind computer may well recognize that your body could not fend off another major sickness, so it steps up your first line of defense so that something that even began to seem like

trouble, like dust because dust mites are present, can be stopped at the perimeter. This blocking reaction may be a histamine or a blood stagnation that causes a headache, a cough, a sneeze, coagulation of synovial fluids that cause the joints to ache, etc.

When we go into emotional shock, the vibrational energies of our subconscious mind may look beyond our overriding state of denial to find a perpetrator in something more material. For example, let us say that your father is angry and chooses you as the whipping post for all his pent-up fury. Still in shock, you sit down to eat, but your body/mind chooses to attach that emotional shock to the next thing you put into your mouth and it thereafter becomes an allergen. Today many doctors are using the technique to rid the body of overriding emotional trauma with a good deal of success. Dr. Nambutripad suggests that you never should eat if you are upset or overwrought.

The Discovery

Dr. Devi Nambutripad was one of the most allergic people on the face of the planet. At first she didn't realize that her problems were of an allergic nature until she attended the lecture of a Doctor of Traditional Chinese Medicine. So, in order to find some answers she became a student of Chinese Medicine. She soon discovered that the only two things she could eat safely were rice and broccoli. One day while she was boiling up her broccoli she found that she had absent mindedly started nibbling on a carrot. She gave herself an acupuncture treatment to help lessen the reaction, and woke up an hour later feeling perfectly fine. She'd wondered what she'd done, for she had used acupuncture before, but had never recovered fully then until a couple of days later. Then she looked down and found that she had been laying on a piece of the carrot the whole time. The rest is history, as they say, for she found that by freeing her body's flow of energy while still being exposed to the allergen was the first part of the puzzle.

My own findings

Since returning from this training, I have treated over 130 people. One of my most allergic patients was born during wartime England. When she was only a month old a bomb landed in their front garden while her mother was breast feeding her. The bomb turned out to be a dud but a normally thriving baby became sickly and could no longer handle her mother's milk. Furthermore, thereafter she cried when her mother held her and their relationship became estranged.

In a person like that, Nambutripad says it is important to test for basic elements like Vitamins B and C and A, and iron and minerals, sugar, protein etc. In this person's life the differences have been profound. I was a little nervous when I went to treat people for things like allergies to smoke in the room or dust, but excited even more when they came back brimming with thanks at their results.

Of course balancing, building and moving energies is still basic to health and the biggest part of what a Doctor of Chinese Medicine does, but adding this to the picture through allergy elimination has brought a whole new dimension to my own ideas on holistic healing.

see ad to the left

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S.O.M.E. MEN

by Jack Killough

I'm sitting in the barber chair at my hairdresser's the other day and we're talking as usual. I love going there. She's sassy; she's smart and bright and she laughs a lot; her dark-black Italian hair cascades over her shoulders, her dark eyes sparkle as she whisks around clipping here, snipping there — it's not just a haircut, it's good therapy.

Anyway, during our discussions on just about everything — Prince Charles' need for a mother figure, the relationship between ants and aphids, working out at the gym — I mention that I'm going to this wilderness retreat for men. In response to her questions I explain the formation of M.E.N. and its general purpose, and she begins to tell me about her male friends and how screwed up they are; "Thank God I'm a woman!" she chuckles. "It's really tough for men to show their feelings."

I recalled a friend of mine who once said, "I wish you could get Mike to go to one of your meetings; the guys he associates with are all aggressive macho types. He gets so stressed at work. I mentioned it to him once and he just laughed." I can see it; Mike's built like Mike Tyson. Drop him from a two-story building and he'd crack the sidewalk.

Then today I'm sitting in my dentist's office reading *Maclean's* — an article on Lucienne Bouchard and his raging temper tantrums over even minute things like not being served his usual digestive cookies during his tea-time break, and I'm thinking, "Jeez, how many millions of men really do need to be in a men's group like ours!"

Actually men have little trouble showing their emotions. It's just that the most predominant emotion is anger — just take note of the number of men you see around town and the scowl that smoulders over their tough moustaches. Oh they laugh a lot too — with the guys over a few beers, and they even get touchy-feely, patting one another on the butt during sports events. But that's all warrior stuff. You never tell a guy that you're feeling lonely, or unappreciated, or 'blush' unloved. Why, heck, you'd be laughed out the ballpark!

But most men need a place where they can drop that warrior armour for a while, unbandage those old wounds and let their sensitive side hold court for a time. The last thing most men would admit to is "fear" but is it not fear that prevents them from being fully male? Fear of being laughed at, of being called a "wuss"; fear that even admitting to themselves feelings of fear or weakness or loneliness might somehow cause them to lose control; after all they're taught from childhood (in the rink), to be tough and show no fear. Watch a group of boys any where and they're loud and braggadocios; trouble is that when they're supposedly adults, many exhibit the same behaviour. Many times I've been at a men's group with prospective members and the evening starts out with loud voices and loud laughter. It's always interesting to see how soon that defensive gesture disappears when they realize that they're in a safe environment, and then the comments begin to flow, like "I'm here because my kids have just graduated, and I suddenly realize

continued to the right

Grandmother

by Jessica Diskant

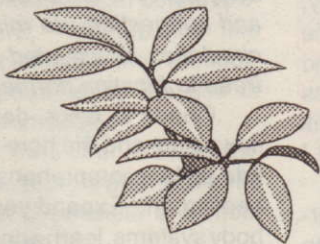
Today I sit looking at a picture of us many moons ago. You made me feel so special and cared for. I felt joy and secure in your arms. So many ways you showed me your love. Remember when we'd walk to Dyckman Street and pick out a live karp? Then we'd go and get a bag of french fries at the corner store for ten cents. Life was so simple when I was with you.

Many Saturdays we went across the street to the park where autumn smelled fresh and the wind gently blew through our hair. You'd take me on the swings and I'd laugh with glee. Then, we'd go home and you'd cook and I'd watch and sometimes we'd pretend that I actually helped.

I believe it was Saturday nights when your favorite show, Lawrence Welk came on. You sure liked that. I think you might have had a crush on old Lawrence. Even television seemed so novel then. Maybe because it was.

Things changed as I aged. I was more attracted to boys than spending the weekends with you. I think you understood even in years to come; you planned for me, and I didn't know. I thank you with all my heart for loving me the way you did and thinking of my future. It is because of you I am able to enjoy extra special joys in life. You had a zest and spunk I'll always remember and sometimes chuckle at.

I loved you Omi Ella and you gave me moments of joy in a pain-filled childhood. All my love...and Thanks....



that my wife is a stranger, and that I have no one that I can talk to about it. I'm feeling lost." Often one hears, "I'm having trouble with my temper. It's frightening my wife and my kids, and it's wrecking our family." Edrita Fried says in *The Courage to Change* that persons who have "lost" their emotions have "forfeited the mechanism that can steer a relatively safe course through life." Brian Des Roches in *Reclaiming Your S.E.L.F.*, "If you deny your body's experience of reality and suppress your biochemical responses, you damage your body. You lose the ability to recognize the signals your body uses to warn you." He later states that "the body is damaged by unresolved muscle tension and unexpressed feelings manifesting themselves in rigid body posture, chronic ailments, and serious illnesses." Hm, I think of the high incidence of prostate cancer among North American males. I think of Stormin Norman Swartzkoff; I think of the legendary Frank Gifford. Fritz Perls once said, "The body never lies." So it doesn't matter how tough you are, your body's going to suffer some where down the line if you keep suppressing those feelings.

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Book Reviews

Expressing Our Natural Gifts

Accessing and Honouring Our Genius

Carol Miller, M.A.
Peanut Butter Publishing
ISBN 0-89716-717-1

To arrive at Inner Peace, we must stabilize our lives, especially in areas that trigger negative reactions. We must remove the lower vibration of fear. Fear and struggle debilitate us, and provide the fertilizer that helps negative thoughts grow. Besides reducing fear, we must also commit to letting go of any self-criticism or doubt that stops our ability to show our Gifts. We need to understand the natural process of how to flow.

This isn't a book to read quickly. The exercises ask you to think, feel and express ideas, thoughts and emotions perhaps you've never felt were important.

If you are willing to begin this process, Carol Miller can help you acknowledge your natural gifts by looking at the many aspects of yourself. Lots of good information including *100 Ways to Increase Energy and Balance* and *50 Ways to Affirm Your Natural Gifts*. You are invited to record your progress in a Dream-Catcher Journal outlined in the back of the book.

I resonate to Carol Miller's words. See if they strike a chord for you.

As we create the means to express our Gifts, we recognize that this process does not have to be full of drudgery and pain. On the contrary. To experience this process as fun and satisfying, we again borrow some ideas from Taoism, which tells us to respect and use the natural rhythms of life. When we do this, the process flows more naturally, with us in the roles of both creator and creation. How units, such as family, work or societal, are defined is not as important as the underlying rhythm that accompanies them. These rhythms, which are reinforced by natural energy laws, help us to increase our capacity to express our Gifts.

In Search Of... Finding and Loving My Multi-Dimensional Self

by Bonnie Marks Hall
Sacred Spirit Publishing,
ISBN 0-9681942-0-6

Throughout most of my adulthood, I searched, although for many of the years I did so without knowing! What did I search for? Perhaps for an identity, an expression of who I was. Perhaps for meaning to my life's experiences. I couldn't define what I was searching for, only that I was searching. I couldn't grab onto its elusiveness. I just knew I didn't feel complete or whole. I knew that there had to be more to life than just life, there had to be! I felt so strongly within my soul that there was something I was supposed to do, something I was supposed to find, some profound reason why I was here!

Sound familiar? Perhaps you can find inspiration or validation from Bonnie Marks Hall's incredibly honest story of her search for Self.

I was drawn into this book from the first pages. I could relate to the emotional pain of hurts, frustration, family, childhood trauma, parenting ... all the crazy-making that women in general tend to feel but try to stuff or dismiss. It was refreshing to read that someone else felt the same kinds of high and lows that I have.

Read one woman's journey of personal growth, try some of the meditation techniques or helpful tips she so generously shares and take whatever tidbits you find useful.

In the author's own words...*It is so imperative that we learn to trust our instinct. We can be anything we want! We create our reality, and we can uncreate what presently exists. We have to believe! And we have to understand who we are, and what our needs are.....How often do we listen to our Selves and what we want out of life? Isn't it time we began? Isn't it time we started living our life for us? Isn't it time we trusted that we will be taken care of; that all will work out; and that our needs will be met. We need to trust that anything can happen. We need to trust that we can create it!*

Join Bonnie
at the
Fall Festival of
Awareness



by Jan

Book Reviews

Reflexology for Every Body

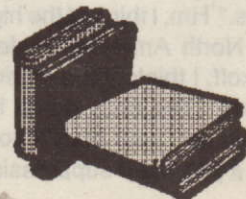
by Joan Cosway-Hayes
with Judy Law
Footloose Press, ISBN 0-9680587-0-1

The foot bones are connected to the ...ankle bones and the ankle bones are connected to the...shin bones... Remember this one? Joan Cosway-Hayes illustrates with detailed drawings the interconnectedness of the feet to all the organs and systems of the body.

Reflexology involves the manipulation of the feet, hands or ears with specific compression of the individual reflexes. Through proper application of the technique, blockages to the normal flow of blood to cells, organs, muscles or any body part are removed. When tension and congestion are minimized, normal circulation is activated and the body is freed to function normally.

Charts to color, descriptions of reflex points and the how-tos of technique add up to a comprehensive guide to this healing art. Expand your knowledge of body systems, learn applications for specific health conditions and ponder the author's "The Best of the Natural Healing World". When you're ready there's a self-quiz to test your comprehension and a great resource section for reflexology books, training and organizations for further study.

A willing pair of feet gave me an opportunity to try the techniques to see if the instructions were easy to follow, and I had no difficulty understanding the basics. **Reflexology for Every Body** is a well-rounded look at how the body works.



CALENDAR of Events

October

The Nuthery Institute teaches Wholebody Reflexology, Acupressure and Oriental Therapy privately and in classes. If you prefer one on one or your schedule prevents you from joining a class phone us for a time that suits you. 1-888-284-3333.

October 2 - 10

Pranic Healing Introductions, p. 3

October 4

Tibetan Bowl & Crystal Sound Workshop in Kelowna with John Or, p. 5

October 8 - 21

Ayurvedic Massage with Brooke McDonald in Christina Lake, Penticton & Kelowna p. 31

October 10, 11 & 12

Embracing the Reality of Your Life, Kamloops, p.30

October 15

Learn how to make Ear Candles, for personal or business purposes. Evening Class. Nuthery Institute 1-888-284-3333.

October 16, 17, 18, 19

1997 Fitness, Health & Wellness Exhibit, Aberdeen Mall in Kamloops, p. 27

October 16 - 28

Free Introductory Seminars in Vancouver at Erickson College, p. 4

October 17 - 19

Soul Journey in The Okanagan Valley with Craig Russel, p. 18

Reflexology Certificate Seminar

Vancouver, Level 1, p. 2

Fall Festival of Awareness

Naramata, pages 24 & 25

October 18

Aromatherapy, a one day event with Elizabeth & Larry Jones in Vancouver. For info. or reservation call 604-448-9774. See Ashbury's Aromatherapy ad p. 13

October 18 - 24

Pranic Healing Workshops in Kelowna. p.3.

Acupressure & Oriental Therapy

Certified Course, 3 weekends, 30 hours, Nuthery Institute 1-888-284-3333.

October 20

Biofeedback Belly Breathing Intro Evening in Penticton with Haley Jonstyn, p. 10

Divine Adjustment & Ancestral Rescue, 2 hr. Info Lecture @ 6pm Peachland - \$11. Mary 250-490-0485 for seat res. & directions.

October 24

Spiritual Intensive starts in Westbank with Cheryl Grismer, p. 14

Eckankar, Introductory Talk in Penticton, p. 26

October 24 - 26

Feldenkrais Method with Alice Friedman in Kamloops, p. 18

Lightpuncture workshop, Penticton, p.17

October 25

Open House, The Lakelands, 10-5pm, Acupuncture, Allergy Elimination, Herbology, Nesshi, Lecture & Demos, p.33

Intensive Personal Empowerment Program, starts in Kamloops, p. 20

Personal Mastery Program starts in Kelowna, by Inner Directions Consultants, p. 20

October 29

Okanagan Metaphysical Society
The Rosicrucians - Past Lives and Philosophy
Kelowna presentation 1-250-862-5156.

November 1 & 2

Integrated Body Therapy 2 in Kamloops with Cassie Benell, p. 22

November 1 - 10

Life Shift Intensive, with Blanche and Harreson Tanner, p. 12

November 8 & 9

Intermediate Meditation Workshop in Westbank with Cheryl Grismer, p. 14

November 22

Vibrational Healing with Sound & Colour, 1day workshop with Troy Lenard, 250-768-9386

November 22 & 23

Reiki 1 - Nuthery Institute 1-888-284-3333

November 28, 29 & 30

Hakomi, workshop with Ron Kurtz and Donna Martin in Kelowna, p.3

ONGOING EVENTS

WEDNESDAYS

Okanagan Metaphysical Society Kelowna
LAST Wednesday of the month.
Guestspeaker and/or presentations each month.
1-250-862-5156 for further information.

A COURSE IN MIRACLES STUDY GROUP
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SUNDAY CELEBRATION

Kamloops: Sunday 11-12:30.... 372-8071
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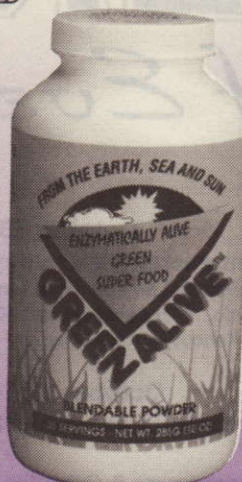
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Celebrate Now

by Urmi Sheldon

Rarely an event occurs that unifies the world in the way that the death of Princess Diana did. The shock of the accident rippled around the world leaving us all in a collective state of disbelief. No one could have known that we would have been affected so profoundly by the death of a public figure.

What did Diana represent to us that made us feel as if we had lost someone from our own family? Our collective unconscious was united by a live funeral broadcast around the world. The story of the princess reminds us of our incessant desire to emulate and then tear down those few who dare to stand out. We waver between really wanting the dream of living happily ever after to be true and picking it apart bit by bit. All this being a projection of what goes on internally within each of us day in and day out.

Much was said about Princess Diana: her strengths and her weaknesses, but was it ever said that she was simply — a beautiful woman. In honor of the humanness, the frailty and the temporariness of it all let's dance a dance, sing a song and most of all — let's love one another.



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Wise Woman Weekend



by
Laurel
Burnham

There were plenty of very happy and very wise women who gathered at Naramata Centre for the first annual Wise Woman Weekend, Sept. 5, 6, & 7th.

Over 75 women attended a variety of workshops, made masks, laughed, danced and generally celebrated the reality of aging as women. A marvellous time was had by all. We got a taste of what it means to "grow" old in the most positive and holistic sense of the phrase.

Friday night women filled the loft for the opening circle and to listen to keynote speaker, author Betty Nickerson, introduce us to the "Adventure of Aging". Betty's warm personality and great wit guided us laughing into the weekend.

Saturday night, women had a choice of our second keynote speaker, registered clinical counsellor, Gudrun Carstairs, or a Wise Woman Ceremony

led by Reiki Master Noor-Un-Nisa Joan Smith.

As the weekend progressed, both the weather and the ambiance grew more golden and beautiful. Betty Nickerson gave a second talk, and we closed with a beautiful circle, each woman going home with a little bit of the "Waters of the World" and many beautiful memories of a weekend well spent in the company of the wise.

The response was so extremely positive and encouraging, that we have booked Naramata Centre for Sept. 18th, 19th and 20st, 1998, for the next Wise Woman Weekend. We extend a special invitation to Mothers and their grown-up daughters to attend.

PS for the women who wanted Gert's poem please call me at 492-7717 and I will mail one to you. Laurel

Fair Wares Faire

How would you like to attend a Christmas Craft Fair with a difference? Does the idea of music, entertainment and a fashion show with a distinctly international flavor appeal to you? How about wonderful clothes and handwoven articles from Guatemala? Or perhaps jewelry, baskets and cloth from Kenya? Organic produce, coffee and spices? And what if you knew that all the money you spent was going to help support worthwhile projects from all around the world?

Then you will want to mark Sunday, Dec. 7th on your calendar, and make a trip to the Clarion Lakeside Hotel in Penticton. This event received rave reviews

last year with over 1,500 people happily spent their money doing seasonal shopping with a difference. Our theme is *Promoting Social Justice Through the Sale of Ethically Produced Goods*.

There will be music and food, and free childminding. The Penticton Farmer's Market will be there, and a fabulous fashion show featuring local women designers. Applications are now being accepted from interested vendors. Do you have something that you think would fit our theme? We are especially interested in individuals offering items made from recycled materials, craft cooperatives, youth groups, self help groups and environmental groups. See ad to the right

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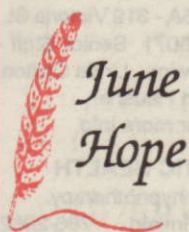
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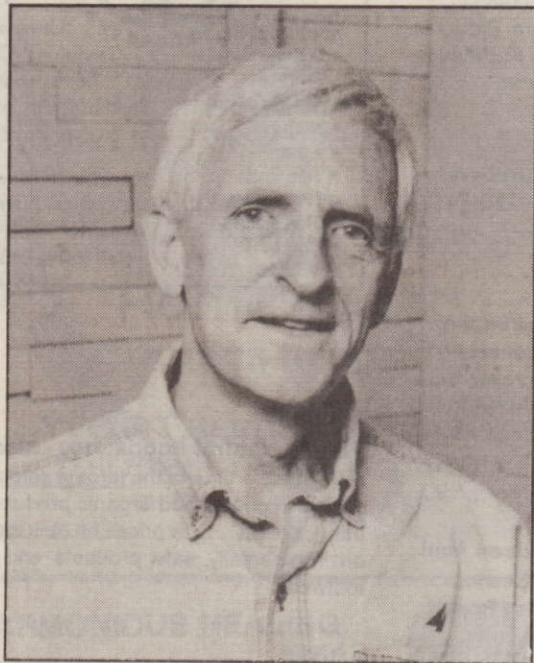
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The Art of Community



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